

# Worksheet to build and modify your Peyronie's disease treatment plan

- Determine size, shape, density and surface features of internal PD plaque; monitor every 7-10 days; write & keep detailed notes
- Start with most diversified plan of therapies possible from all columns, or a S-M-L plan from PDI, used faithfully each day, based on suggestions and ideas for using each therapy provided with PDI therapy items; start dosage at recommendation found on each bottle
- Also follow dietary suggestions found in chapter 5 of "Peyronie's Disease Handbook"
- If starting plan does not result in some improvement of plaque material in 7-10 days, slowly and gradually increase one therapy in plan
- Continue monitoring plaque, while slowly changing and increasing plan every 7-10 days until plaque begins to improve and reduce
- When improvement and reduction of plaque material begins, stop increasing plan and continue same plan until plaque absorbed
- Do not use penile distortion to judge effectiveness of treatment; try to ignore the curve; it is only secondary to effects of plaque
- Good PD treatment is not static; it gradually and carefully changes as you work to determine what therapy and at what dosage your body needs to remove foreign plaque and heal the tunica layer; it is different for everyone, experiment to learn what works for you

## Internal therapy

Column A	Column B	Column C	Column D	Column E
<b>External therapy</b>	<b>Support therapy</b>	<b>Vitamin C</b>	<b>Sytemic enzyme</b>	<b>Vitamin E</b>
<ul style="list-style-type: none"> <li>• DMSO + Unique- E oil + Super CP serum</li> <li>• PDI stretching DVD</li> <li>• Genesen Acutouch</li> <li>• Ultrasound 3MHz</li> </ul>	<ul style="list-style-type: none"> <li>• Scar-X</li> <li>• PABA</li> <li>• Acetyl-L-carnitine</li> <li>• Quercetin/Bromelain</li> <li>• Honso herbs</li> </ul>	<ul style="list-style-type: none"> <li>• Natural C 1000</li> <li>• Ascorbplex 1000</li> </ul>	<ul style="list-style-type: none"> <li>• Nattokinase</li> <li>• Fibrozym</li> <li>• Neprinol</li> <li>• Bromelain 5000</li> </ul>	<ul style="list-style-type: none"> <li>• Unique- E</li> <li>• Aqua E</li> </ul>
Moderate plan changes possible using Column A	Many plan changes possible using Column B	Few plan changes possible using Column C	Many plan changes possible using Column D	Few plan changes possible using Column E
Choose 1-2-3 from this list	Choose 1-2-3 from this list	Choose 1 from this list	Choose 1-2 from this list, maybe 3	Choose 1 from this list,
<p>DMSO is minimum item used on this list; should be combined with either vitamin E oil or Super CP serum, or both</p> <p>Penis stretching video is effective and economical direct therapy</p> <p>Genesen pens are popular professional grade &amp; safe equipment for easy at-home use</p> <p>Ultrasound compact &amp; portable 3MHz model HS3040 - best fibrous tissue penetration</p>	Abundant medical research for each of these valuable therapies	Vitamin C protects vitamin E so use at least 2000-4000 mg of vitamin C daily, maybe more	<p>Basic therapy in all good PD treatment plans</p> <p>Very important to weaken fibrous scar tissue with enzymes</p> <p>Every 30-60 days stop digestive enzymes for 1-3 days to allow liver to rest and detoxify</p>	<p>Basic therapy in all good PD treatment plans</p> <p>Total dose 800-1200 IU daily</p> <p>Most medically researched therapy &amp; reason 95% of all MDs recommend to use vitamin E</p>